

Andrew Nadar: Igniting young minds through education to change the future

Education forms the foundation of life and an extraordinary educator is capable of shaping minds to form a rock-solid foundation, enabling students to reach great heights of success.

Noted academican from the city, Andrew Nadar is a changemaker in every sense of the word and in more ways than one. Besides being an academican, he is an author, chartered accountant, researcher and a public speaker who has helped shape the future of thousands of students. As the director of one of the city's leading education institutes for commerce students, he has been the changemaker for thousands of students, imparting knowledge year after year to achieve record breaking results. As an academican par excellence, Andrew has played a significant role in nurturing young minds, most often going out of his way to help them achieve their goals.

Besides being a CA, Andrew holds a number of degrees such as CS, M. Com, MFC, MBA (Banking and Finance), PGDBM, MA (Economics), B.Sc. (Psy), M.Phil. (Finance). He has even authored two books and is often invited as a guest faculty at leading academic institutes all over the country. "I have the privilege of providing value-based education to shape the minds of Class XI and XII students. I believe that teaching is a lifelong learning experience, hence I keep myself updated with information. I feel the primary goal of an educator is a healthy exchange of knowledge," said Andrew.

"In today's highly competitive world, an innovative approach in the teaching-learning methodology will equip students to develop much-needed insights to make them competent. The reasoning abilities of the students need to be ignited so that they are made to think with a solution-centered approach," shares Andrew. Keeping this in mind, Andrew adopts a teaching methodology that enables students to become prospective rank-holders in particular and brilliant citizens in general. The pedagogical techniques employed by him display a unique skill where a dash of humour and anecdotes are included effortlessly to make the entire teaching session interesting and captivating. Apart from textbook learning, Andrew's students gain valuable knowledge with a strong sense of moral codes,



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value-system and ethics. "For me education is much more than just qualifications. It is moral values and a deep sense of ethics that gives you an edge to reach the top-most position in the ladder towards success," says Andrew.

Andrew, who believes in contributing to help the lesser privileged sections of society, is also a part of many social initiatives. He is currently serving as the President of YMCA, Surat. He is also involved in other philanthropic work for charitable institutes.

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The India-UAE start-up corridor opening new doors



UAE meets India : Target 2040

India - United Arab Emirates (UAE) cultural, religious and economic ties experienced a renewed stir since the creation of UAE Federation in 1971. Today, UAE stands to be India's third-largest trading partner with the bilateral trade value for 2020-21 reaching USD 43.3 billion. With India plunging into the global Startup Ecosystem with such gung-ho, the cross-border partnerships of Indian startups has opened up further collaborative opportunities with the Middle East region.

UAE has responded enthusiastically, welcoming the Indian Startup community with open arms and multiple encouraging initiatives. Recently, the Indian Pavilion at Dubai's illustrious EXPO2020 witnessed the launch of a cross-border India-UAE VC fund for startups in both countries with a brassy corpus of \$150mn, with investor backup from UAE, India and GCC countries. The fund aims to invest in a minimum of 50 ventures with-

in the next 5 years, 10 out of which will be targeted to turn into unicorns by 2025. Abu Dhabi hosted 'Destination India - Gateway to Growth - A roundtable on Indian Startup Ecosystem' last month as part of India's Commerce and Industry Minister, Piyush Goyal's visit. The visit was intended to showcase the Indian investment opportunity by bringing together UAE's investment houses, venture capital firms, private equity and Indian unicorns on a single platform. Goyal expressed how the two countries complement each other and are natural partners meant to work together in areas such as sustainability, space technology, connectivity, artificial intelligence, emerging technologies and data analytics.

This week the countries took a step further in this journey with the Comprehensive Economic Partnership Agreement (CEPA) coming into force. The Startup ecosystem in both countries is invigorated by the potential being of-

fered by such initiatives. "India-UAE CEPA is bound to open up huge opportunities to Indian Startups with its promise to boost merchandise trade to \$100bn between the two countries within the next five years. We are excited to be part of this gratifying journey of India-UAE Startup Corridor" says Prateek Tosniwal, of Tosniwal Ventures, a consulting firm providing strategic planning and innovative solutions to startups all over India. Tosniwal Ventures has partnered with Dubai based MI Capital with the intent to support entrepreneurs in both countries setup their businesses in the counterpart's country. "MI Capital brings extensive experience in comprehensive financing, capital and investment advising and more. We are excited to extend our expertise jointly with Tosniwal Ventures, to all the growing startups looking to make the best out of the India-UAE ties," shares Sheetal Soni, Partner, MI Capital.

Steaming a revolution: Steamhouse



Vishal S. Budhia, MD

Until today, industries have always thought that the only way to generate steam is by setting up their boiler, designating an entire space, employing extra manpower, and taking 3 different permissions from IBR, SPCC & factory safety. Well, guess what? SteamHouse is making a change in this idea with the concept of community boilers, where the industries get steam at their doorstep on plug and play basis instead of setting up their own. This results in the industry having extra space for their core business, no extra workforce and illegal expenses, excellent quality steam, and one direct point of contact for their steam supply. SteamHouse is an organisation, one of the first of its kind in India. It was instituted in 2014 with an aim to implement Eco-friendly energy solutions to reduce pollution from several industries to provide a conglomerate under the brand name SteamHouse.

One common boiler can replace 20 to 30 boilers, meaning a community boiler brings down the numbers from 30,000 to 1500 boilers & reduces 28,500 boilers, chimneys and emissions. The industries contribute to around 45% of air pollution in cities and when we all know that when we cross an industrial area, we see black smoke released from the chimneys of the cluster. SteamHouse is on its way to reducing air pollution caused by about 100 chimneys and reducing air pollution by 70% to 80% through the use of proper APCM like ESP (Electrostatic precipitator DRY), SCADA based auto operation of boilers and management by proficiency engineers.



STEAMHOUSEINDIA

SteamHouse is also able to reduce fugitive emissions by scientific and automatic handling of coal and coal ash-controlled movement and storage of coal. SteamHouse's mission is "to evolve an eco-friendly environment by installing secured Infrastructure and being the energy and utility supplier."

With a vision 'to bring sustainable energy solutions to industrial areas and cities alike', promoters commissioned their first community boiler project in Sachin GIDC, Surat catering to the need for steam to several industrial units in the vicinity. SteamHouse has been the utility supplier to the existing industries as well as upcoming projects by selling Steam. SteamHouse has been encouraged to fulfil the steam requirement of hundreds of industrial customers in various locations. This will lead to a substantial reduction in atmospheric pollution. Industries coming up in the estate can avoid installing boilers and can save on space, capital

investment and many statutory formalities. Estates will be value-added like their industrial parks in other developed countries and moving towards COP 26 the company's focus is to protect the environment and therefore use the best available technology. The company also believes in reducing pollution at the source i.e., procuring the right fuel. The project includes co-generation and thereby reduces the overall carbon footprint.

This excellent quality of steam is the result of using advanced technology such as IoT, ML, and Energy Mapping. AI (artificial intelligence) and Heat loss/sensing by drones. This not only helps to get quantitative information but also to check the steam quality, pressure, and temperature.

"We started with selling steam, but truly it is technically modifying the energy, environment safety of industries," said Vishal S. Budhia, MD

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Allergy and Sleep Apnea - What's the connection?

The lack of a good night's sleep is connected with many of the health problems we face. It may or may not be the actual cause of the problems, but it most certainly aggravates underlying health conditions, often the reverse is also true, especially in the case of allergies. To understand this connection between sleep disorders and allergies we must first understand what sleep apnea is. Dr Dipak Viradia, a well-known name in the field of Pulmonology (Chest, Asthma & Sleep Medicine) and ICU (Critical Care) at the Rudrax Chest Clinic Center for Allergy-Chest-Sleep Medicine explains.

heart problems due to sudden drops in blood oxygen levels.

How are allergies and OSA connected?

Allergies by themselves do not cause OSA but if you have this condition, allergies can exacerbate your symptoms. Nasal congestion from allergies makes it harder to breathe through your nose. Instead, you breathe through your mouth, causing dry mouth and discomfort. Additionally, if an allergic reaction causes the tonsils or adenoids to swell, it will further block the airway. All of this leads to more frequent obstructions and consequently longer pauses in breath.

What is sleep apnea?

It is a type of sleeping disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea. There are various types of sleep apnea the most common being Obstructive Sleep Apnea (OSA), which occurs when the muscles at the back of your throat relax. When this happens, the airway narrows or closes as you breathe in. You can't get enough air, which in turn can lower blood oxygen levels. When the brain senses this it briefly rouses you from sleep so that you can reopen your airway. This pattern can repeat itself 5 to 30 times or more each hour, at night, impairing your ability to reach the deep, restful phases of sleep.

What are the ill effects of OSA?

There are both psychological and physiological effects. You develop severe daytime fatigue, drowsiness, irritability. You may become quick-tempered, moody or even depressed which in turn adversely affects your behavioral patterns and work performance. Consequently, it strains your relationships with people around you. You become susceptible to medical conditions like diabetes, poor liver function, and high blood pressure or



Can treatments for allergies cure OSA?

Not necessarily, but some medical treatments used for allergies may be useful for milder cases of OSA. Anti-histamines, decongestants, saline nasal sprays, allergy shots, using hypoallergenic pillows at night or investing in a humidifier are some options. However, the best course is to first consult with a sleep expert and seek proper medical support before trying out remedies. Sleep apnea is a serious condition and one must not employ the trial and error method to deal with it single-handedly.

Is there any way to avoid OSA?

Sleep apnea can affect anyone, even children. But certain factors increase your risk - some you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

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